



# WALK & RIDE

October 10-28, 2011

Grab your coworkers. Name your team.

**Weekly winners & prizes!**

Register Now for the Early-Bird Discount!

Register Online At

[www.montgomerycountymd.gov/commute](http://www.montgomerycountymd.gov/commute)

## PUT A LITTLE STEP IN YOUR COMMUTE!

### Win BIG!

Each week, participants walking more than 50,000 steps will be entered into a weekly drawing to win a new iPod, other prizes will be available for participants walking less than 50,000 steps weekly!

Each member of the grand prize winning team will receive:

- \$100 Visa Gift Card
- \$50 SmarTrip Card

### EVERYONE LIKES A CHALLENGE!

Announcing a 3-week "Walk & Ride" challenge to encourage Friendship Heights employers and employees to get out and walk—get healthy, get fit! **Whether you drive to work, use transit, bike, or carpool, everyone can participate.** All you need to do is get walking during the work week, to and from the metro station, bus stop, work, lunch....and everywhere in between.

Get together with co-workers and form a team. Teams can have 3 to 5 members from the same work site. Teams within the Friendship Heights Transportation Management District will compete with each other, for prizes. Each team member receives a pedometer, a T-shirt, and other goodies. From October 10-28, you will record your steps and compete for weekly prizes—including iPods! And our grand prizes—\$100 Visa gift cards and \$50 SmarTrip cards for each member of the winning team. So grab your co-workers, form a team, and challenge others at your organization to get involved. Let's see which team can step it up the most!

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